

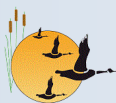
Washing your hands is the easiest and most effective way to prevent the spread of germs (like COVID-19). Clean hands can stop germs from spreading from person to person and throughout an entire community.

# Follow these steps for hand washing every time:

1. **Wet** your hands with clean, running water (warm or cold), turn off tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

## Use 60% alcohol based Hand Sanitizer When You Can't Use Soap and Water

BUT, sanitizers only reduce the number of germs and do not get rid of all types of germs.



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**Source:**  
[cdc.gov](https://www.cdc.gov)